



Eng101- Unit4 Health (Brain Food)

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INTRODUCTION

We have known about the link between what we eat and our physical health for a long time. Recently, we have learned more about the link between our diet and our mind.

RESEARCH REVIEW

The Mental Health Foundation produced a report called Feeding Minds. The report states that the brain is a physical part of our body that needs the correct food to work properly, just like the heart. This food should contain carbohydrates, vitamins and fish oil.

There is also research that shows how a good diet can improve the behaviour of children and their concentration (Tomlinson et al., 2009). Daniel Brown, the head teacher of Barnet School, says that after his school stopped

NUTRITION DETAILS

The research recommends that we eat particular food for particular mental health issues. To improve your memory, eat salmon and nuts. To improve your concentration, eat vegetables. If you have problems sleeping, eat nuts. If depression is a problem, eat brown rice.

selling junk food, there was an increase in the students' concentration levels.

With regard to serious mental illnesses, Jacka (2010) and Sanchez-Villegas (2009) say that eating fruit, vegetables and fish helps to prevent depression, but eating a lot of sugar makes depression more likely. Some research also reveals that a healthy diet can prevent Alzheimer's (a serious mental health problem for the elderly) (McCulloch and Ryrie, 2006).

CONCLUSION

Overall, it seems clear that we need to eat healthy food for our mind. Although we do not fully understand the link between the two, we suggest that we choose this as an important topic for publicity.

Read the text above and then answer the following questions with (True or False).

- 1- There is a link between what we eat and our minds .()
- 2- Good diet couldn't make any change in the children's behaviors according to the researches .()
- 3- Students who eat healthy were able to concentrate more ()
- 4- Eating sugary foods help to prevent depression .()

Fill in the gaps by using words from the box below :

Salmon and nuts

vegetables

nuts

brown rice

fruit vegetables and fish

- To improve your memory eat
- To improve your concentration eat.....
- If you have problems in the sleeping eat
- If you have depression eat
- Help also to prevent depression .